



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
UNITED STATES ARMY EUROPE REGIONAL MEDICAL COMMAND
CMR 442
APO AE 09042

MCEU-S

11 DEC 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: ERM Command Policy Letter 70, Soldier Safety in Physical Training (PT)

1. References.

a. Army in Europe Regulation 190-1, Registering and Operating Privately Owned Motor Vehicles in Germany, 9 March 2005.

b. Army in Europe Pamphlet 385-15-5, Leaders Guide to Accident Prevention in Physical Training Running Formations, 10 November 2005.

c. FM 21-20, Physical Fitness Training, 30 September 1992.

2. Applicability. This memorandum applies to ERM Command Headquarters and all subordinate commands. This policy is punitive. Any violation of the provisions of this policy provides a basis for disciplinary judicial or non-judicial action under the Uniform Code of Military Justice, or adverse administrative action under appropriate regulations. Organizations will place a copy of this Policy Letter on their official bulletin board (including electronic bulletin boards).

3. Policy. Serious accidents and injuries can occur as a result of Soldier physical fitness activities. Soldiers are especially vulnerable to accidents during the winter months when visibility is limited by darkness and fog, and when bad weather conditions are present such as snow and ice. In Europe, an average of one lost workday occurs every three days from an injury sustained during running in formation. This policy addresses the mandatory use of the risk management process and reflective vests during unit PT formations. My goal is to prevent loss of life or serious injury through concerned leadership and training to standard.

4. Responsibilities.

a. Leaders: will utilize the risk assessment worksheet located at Appendix A, Figure A-1, AE Pam 385-15-5 which covers the six elements that affect the safety of running in a PT formation. Also, utilize the sample of most frequent causes for PT accidents and control measures, and the risk-approval authority located at Appendix A, Tables A-1-A-4, AE Pam 385-15-5.

b. Soldiers:

(1) Use of reflective vests:

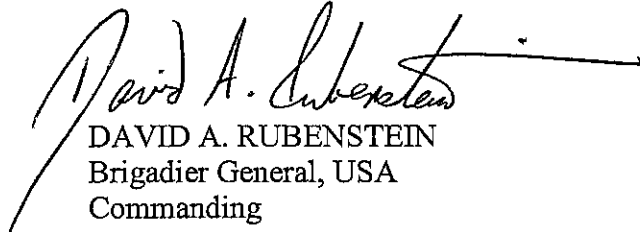
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(a) On post: Whether on or off duty (24/7), Soldiers will wear a reflective vest when running alone or in formation. Soldiers will wear a reflective vest when riding a bicycle on post. This rule does not apply when running indoors (e.g. on a treadmill) or when riding stationary bicycles indoors.

(b) Off post: Whether on or off duty (24/7), Soldiers will wear a reflective vest when running on a roadway or adjacent to a roadway.

(2) Use of headphones: Wearing of headsets of any type while running or walking on a road surface or sidewalk is prohibited. Headsets may be worn while running on off-road tracks and trails and while indoors.



DAVID A. RUBENSTEIN
Brigadier General, USA
Commanding

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